

What is claimed is:

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1. The use of vitamin E in the manufacture of a composition for facilitating the synchronization of circadian rhythm in humans, especially for treatment or prevention of jet lag.
  - 10 2. The use as in claim 1 of vitamin E in combination with an agent known to synchronize the circadian rhythm.
  3. The use as in claim 2 wherein said agent is selected from melatonin, a benzodiazepine, glycine, a cycloprone, or an imidazopyridine.
  - 15 4. The use as in any one of claims 1-3 wherein the composition is a medicament.
  5. The use as in any one of claims 1-3 which is a food or beverage.
  - 20 6. A composition comprising vitamin E and an agent known to synchronize the circadian rhythm.
  7. A composition comprising vitamin E and melatonin.
  - 25 8. A composition as in claim 6 or 7 which is a pharmaceutical composition.
  9. A composition as in claim 8 wherein said pharmaceutical composition comprises about 10 IU to about 1000 IU of vitamin E and about 2 mg to about 5 mg of melatonin per dosage unit.
  - 30 10. A method of facilitating the synchronization of circadian rhythm in humans, especially of treating or preventing jet lag which comprises administering to an adult person in need of such treatment or prevention from about 10 IU to about 1000 IU of vitamin E per day, optionally in combination with an agent known to synchronize the circadian rhythm.
  - 35 11. A method as in claim 10 wherein vitamin E is administered 1 week before and 4 days after day-night change occurrence.
  12. A method as in claim 10 or 11 wherein melatonin is administered simultaneously.

13. A method as in claim 12 wherein 5 mg of melatonin are administered per day.

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